

Good Food and Play Make a Balanced Day...

An interactive CD designed to teach the principles of good nutrition to children in grades 2 through 6.





Good Food and Play Make a Balanced Day...

- Created by Linda Stoll, MPH, SFNS, Nutrition Services Supervisor for the Matanuska-Susitna Borough School District.
- Located in south-central Alaska, the Mat-Su Borough school district has over 13,500 students located in 32 schools.
- Breakfast and lunch are provided to students in 29 of the 32 locations.
- It has been developed, produced and will be distributed for Mat-Su school district by Midwest Nutrition.

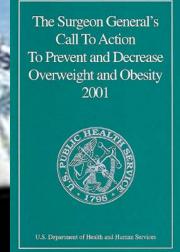


In March 2002 idea for Good Food and Play was conceived.

- My first exposure to interactive CDs intrigued me.
- Possibility of this technology in teaching kids and promoting School Nutrition programs.
- After some discussions we began discussions on "what" should be included in the project.

Good Food and Play Make a Belanced Day





In the May 2002 issue of Pediatrics, the Journal of the American Academy of Pediatrics, the Centers for Disease Control and Prevention released its study on child obesity:

- Incidence of childhood obesity has more than doubled the past 20 years!
- Hospital costs for diseases related to childhood obesity have risen from \$35 million to over \$127 million from 1979 to 1999.
- The reasons are a decrease in physical activity and an increase in the consumption of high fat foods consumed in super-sized portions.

The idea for the CD had just changed from a fun idea to an immediate national need.

Good Food and Play Make a Balanced Day



We also recognized the need to:

- Educate children independently.
- Make available an independent instruction tool time available to give instruction in some of the "non-essential" areas is extremely limited.
- Make the knowledge available to parents and teachers, those most involved the children.



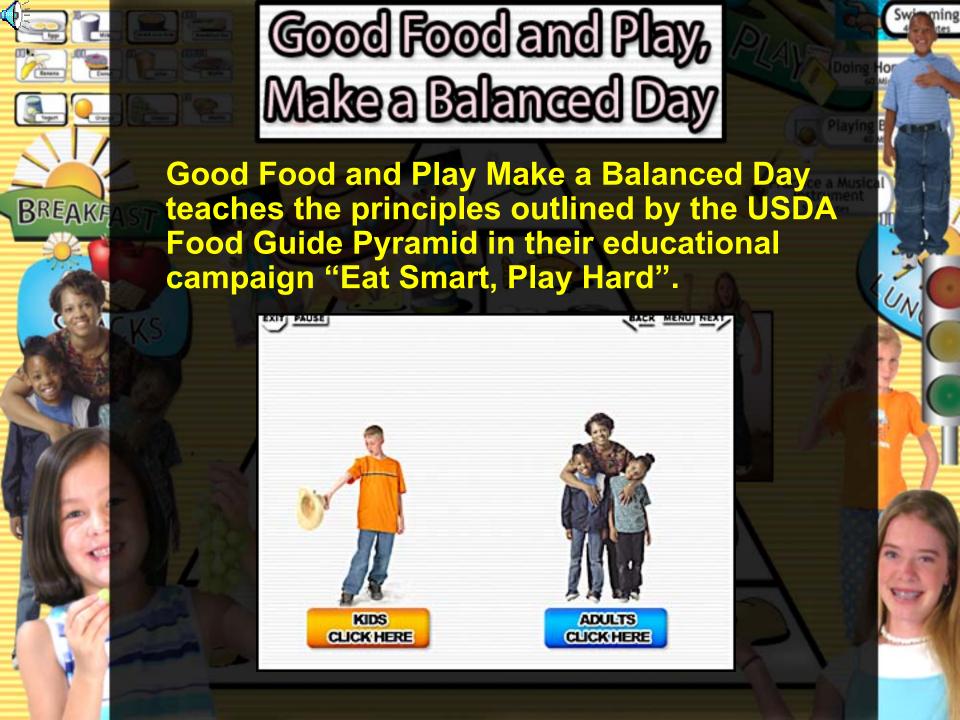
Good Food and Play, Make a Balanced Day

Good Food and Play Make a Balanced Day teaches the principles outlined by the USDA Food Guide Pyramid in their educational campaign "Eat Smart, Play Hard".

















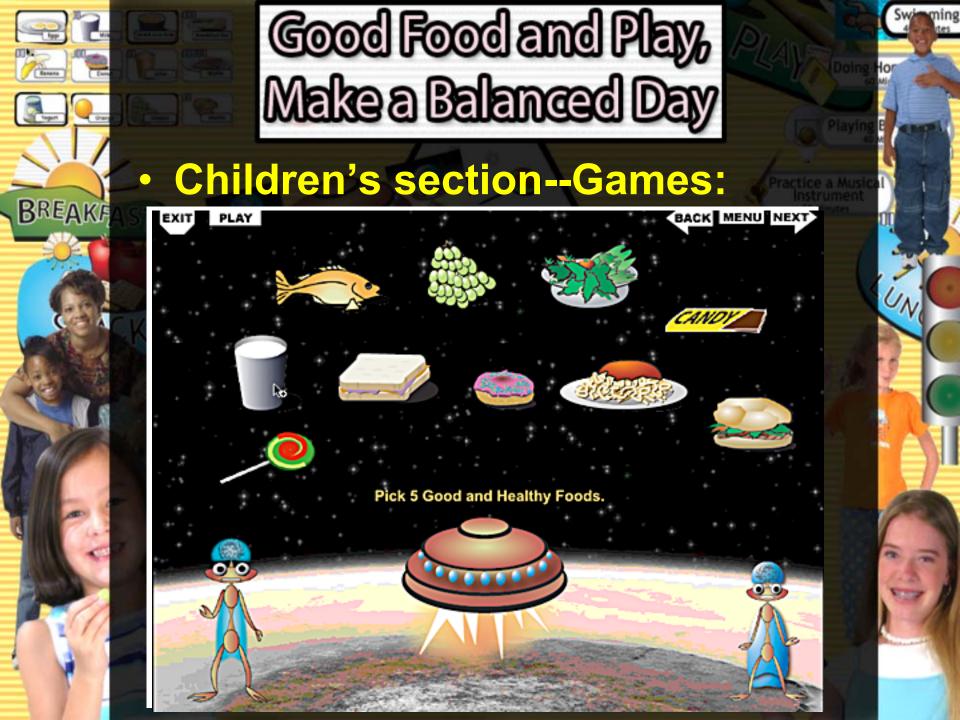


Fried Chicken

Cookles

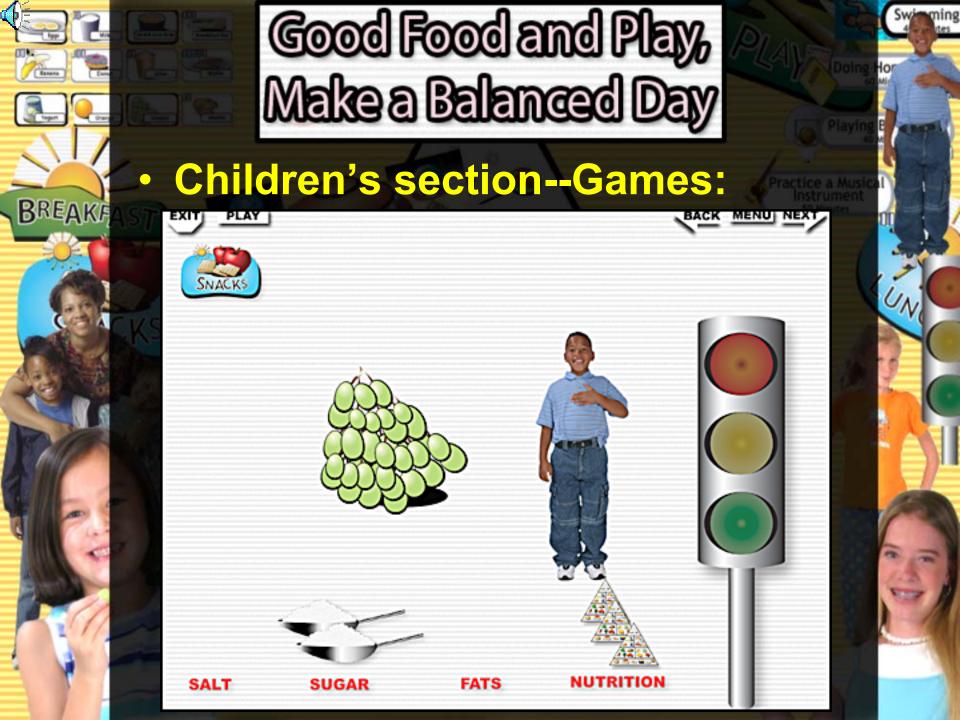
Candy Bar

BACK MENU NEXT Bread Cereal Rice & Pasta: (6 to 9 servings per day) Vegetables: (3 to 5 servings per day) Fruits: (2 to 4 servings per day) Milk, Yogurt & Cheese: (2 to 3 servings per day) Meats & Dry Beans: (2 to 3 servings per day)











Fried Chicker

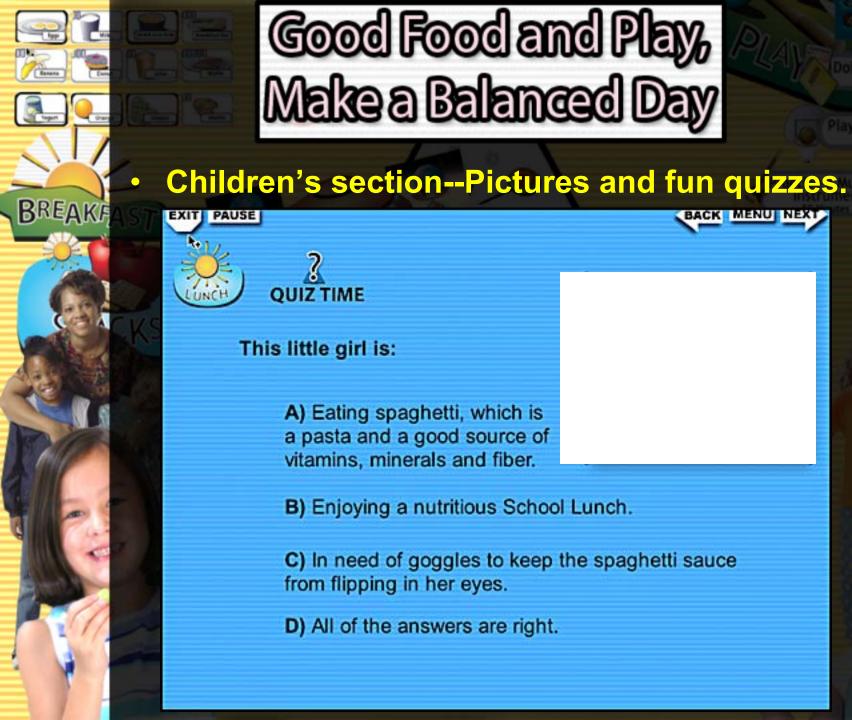
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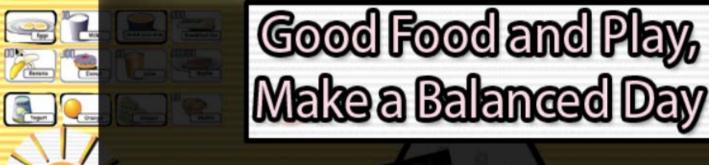
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Cookles







Adult section—Corporate Sponsors:

EXIT & SUMMARY | PAUSE

BREAKE

BACK MENU NEXT

Approximate time to complete is 15 minutes.

Welcome to Good Food and Play Make a Balanced Day, an interactive CD for both children and adults.

The children's portion of this CD uses interactive games, puzzles and quizzes to teach children about good nutrition. We encourage you to also view this portion of the CD.

Then you will know what your child is learning about nutrition and you can help reinforce those good nutrition ideas.

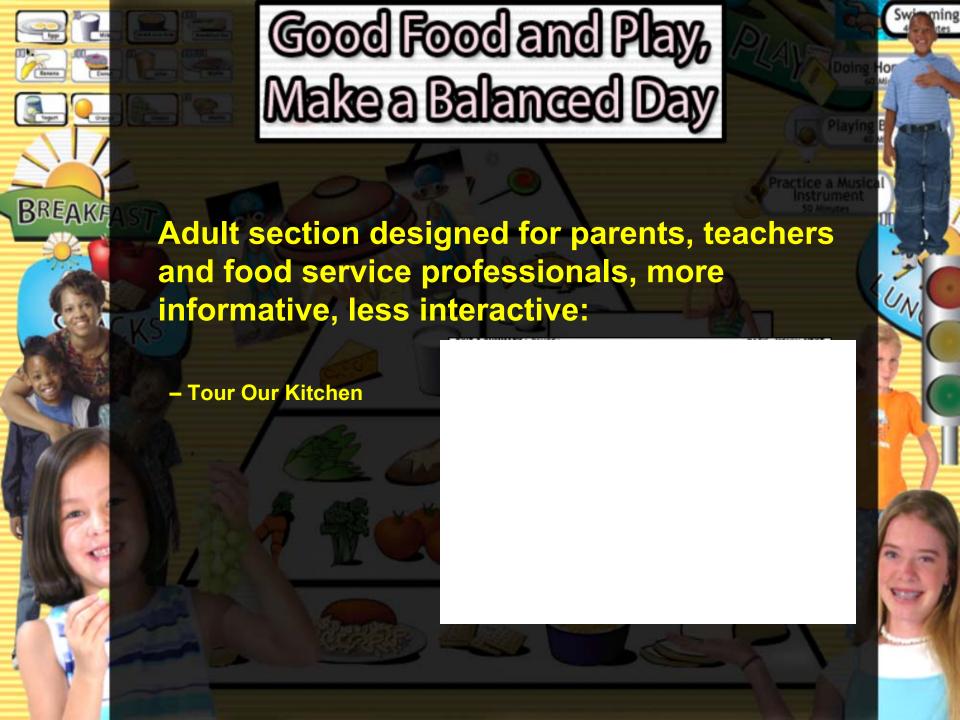




Special thanks to our sponsors for their help with Good Food and Play Make a Balanced Dav!











morning.

will remind you to eat when you see it in the







Comer Bien v Jugar Pueden tu Día Balancear es un CD interactivo sobre nutrición con juegos y actividades de aprendizaje para niños.

Esta herramienta de aprendizaje fomenta estilos de vida saludables en los niños y los anima a hacer que los programas escolares de nutrición, como el almuerzo, el desayu-

no v los refrigerios sean un componente clave del estilo de vida nutritivo.

Para introducir el concepto básico de la buena nutrición con base en alimentos de la Pirámide, Comer Bien y Jugar Pueden tu Día Balancear utiliza la Pirámide Alimenticia del Departamento de Agricultura de los Estados Unidos (USDA) como fundamento de la enseñanza. Juegos interactivos, rompecabezas y desafíos refuerzan los conceptos nutri-

Se hace énfasis especial en en-

tender los diferentes grupos nutricionales y la cantidad de porciones necesarias de cada grupo, cada día. Después de aprenderse la Pirámide Alimenticia, el niño aplica en el CD la información nutricional a las áreas de Desayuno, Almuerzo, Refrigerio y Juego.

A través de juegos interactivos, música alegre y sorprendentes ayudas visuales, la experiencia de aprendizaje sobre nutrición anima a todos los niños que utilizan el CD.

iNo es Sólo Para Niños!

Comer Bien y Jugar Pueden tu Día Balancear no es sólo para niños. El CD también incluye un recorrido guiado para adultos, profesores y profesionales en nutrición. Esta sección especializada en nutrición repasa la Pirámide Alimenticia del Departamento de Agricultura de los Estados Unidos y enseña por qué es importante para la salud de los niños consumir alimentos buenos y saludables, y hacer ejercicio físico diariamente. El recorrido le ayuda a los

adultos a entender la necesidad que existe de cambiar los hábitos alimenticios de los niños.

Más aun, este CD ofrece ideas para cambiar dichos hábitos alimenticios. El recorrido guiado para adultos es más informativo que interactivo y, específicamente, anima a los padres a crear en sus hogares una atmósfera de alimentación nutritiva y de ejercicio físico.









BACK MENU NEX







spaghetti sauce







